



## Elderberry Raspberry Leaf Tea 3 oz.

Elderberry Raspberry Leaf Tea is an all-natural, herbal tea blend of elderberries and raspberry leaf in a tea tin.

Elderberry Raspberry Leaf Tea is a tea made especially for women, with the female reproductive benefits of raspberry leaf and the rich taste and immune benefits of elderberries. This tea can be enjoyed both hot or cold with your choice or sweetener. This product is caffeine free.

**Ingredients:** Elderberries, raspberry leaf.

### About Our Ingredients

- **Elderberries** are rich in nutrients and antioxidants. Elderberry has been found to have antibacterial, antiviral, and anti-inflammatory properties. A clinical trial supports the use of a standardized elderberry syrup extract for symptoms associated with influenza. \* (1)
- **Raspberry Leaf** is one of most respected uterine tonics for the female reproductive system and is traditionally used during pregnancy by naturally minded midwives. Studies indicate that approximately 63% of midwives suggest use of this herb during pregnancy. Historically, it has been used to strengthen the uterus, improve labor outcome, and prevent excessive bleeding after birth. \* (2)

According to *Botanical Medicine for Women's Health*, 2010, "Although it does not appear that raspberry leaf is very effective for labor stimulation or shortening the duration of labor, recent research has found that the consumption of raspberry leaf tea during pregnancy may in fact improve labor outcome and reduce the need for medical intervention at birth." \* (2)

### Research Sources:

(1) Elderberry

*The American Botanical Council Clinical Guide to Elderberry*

<https://www.herbalgram.org/media/13294/elderberry-scr.pdf>

*The Journal of Functional Foods*, Volume 40, January 2018, (pages 377-390)

<https://www.sciencedirect.com/science/article/pii/S1756464617306977?via=ihub>

(2) Raspberry Leaf

<https://www.healthline.com/nutrition/red-raspberry-leaf-tea>

<https://www.sciencedirect.com/topics/medicine-and-dentistry/red-raspberry-leaf>

<https://www.sciencedirect.com/science/article/pii/S1756464617306977?via=ihub>

**\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

*Elderberry Raspberry Leaf Tea Product Information (3-21-23)*

[wholesale@elderberryfamilyfarms.com](mailto:wholesale@elderberryfamilyfarms.com)

[www.elderberryfamilyfarms.com](http://www.elderberryfamilyfarms.com)